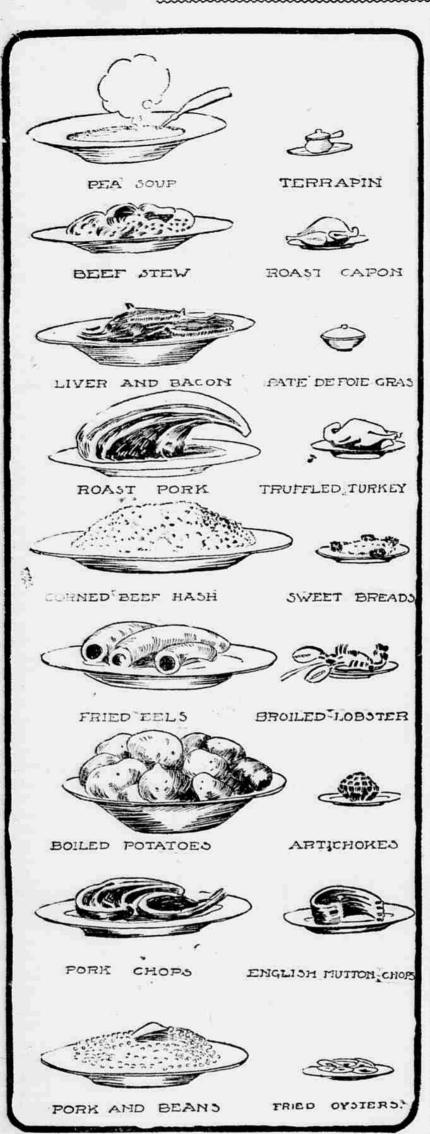
# THE POOR MAN'S FOOD AND THE RICH MAN'S.



DESCENDANT OF "PRESIDENT" ADAMS.

Story of a Pioneer Who Accepted a Name Given Him by Men of His Adopted State.

REPUBLIC SPECIAL. Cleveland, O., Nov. 17,-An amusing search for an ancestor has just come to an end in this city. The true history of this man is more amusing to those who hear it related than it is satisfying to the gentle-

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man who was anxious to know something about the "President" Adams from whom he descended.

The gentleman's name is Adams, an henored but not an uncommon one. Mr. Adams turned his attention to the fascinating fad of genealogy. He started to trace his family back into the darkness of the past and see what sort of stock he came from. As any one knows who has failen under the fascination of genealogical research, Mr. Adams became the more interested and determined as he met with increased obstacles. For two or three generations back

determined as he met with increased obstacles. For two or three generations back
he had little trouble in tracing his ancistors. Finally he ran down all the clews,
hunted up all the members of his immediate
branch of the Adams family, and narrowed
his seatch down to one man, who was a
pioneer of the State, and of whom he could
learn nothing at all save that he had been
called President Adams. Nothing at all of
the personality of this ancestor could he
learn, not even where he had died, but
there was not the least doubt that he was
known as President Adams, and that he
had lived in this State. Mr. Adams could
not find anything to uphold a theory that
this President Adams was the President of
the United States who bore that name, and
he was at a standstill in his genealogical was at a standstill in his genealogical

this President Adams was the President of the United States who bore that name, and he was at a standstill in his genealogical research.

Finally he happened to learn that O. P. Mellrath of this city was a fond student of the history of Cleveland and this portion of the State. He wrote to Mr. Mellrath for information as to whether he had ever heard of an old-time pioneer known as President Adams, and it happened that Mr. Mellrath had just the information that was needed to end the search for an ancestor. This is the story of the ancestor: Away back in the latter days of the last century there was a passenger on one of the little sailing vessels that plied up and down Lake Erie. No one knew a single thing about him save that he had come aboard the hoat as it sailed from Buffalo. He was a Norseman, with little money, but unlimited hardibood. This last was proved by the fact that he was on a beat going he knew not where, and was unable to speak a word that any one on the boat could understand.

Being unable to tell where he wanted to go or to understand that he was not already there, the Norseman was put off the boat at Cleveland. He could not talk to or understand a single person in the whole State, so far as any one else knew, but he was made comfortable, given food and lodging, and work to do. He was not afraid of work, and stayed here, or near Cleveland, for the excellent reason that he could not talk enough English to go away. No one could find out the strange Norse wanderer's name, and, as it was necessary to call him something, he was given a name in the off-hand way of the ploneers. President Adams was then the great man of the country, and the stranger was given to he happened to think of enything else to call him. Although the Norseman lived in the State to a good old age, married and laid the foundation of the Adams family, he was never called anything clse than President Adams.

It is doubtless a special provision of nature which makes the most nourishing and sustaining foods the cheapest, so that the poor man may obtain from his limited bill of fare the same amount of benefit that the rich man does from an elaborate dinner. In such foods as pork chops, pork and caus, pea soup, boiled potatoes and roast pork, the poor man has a chance of devel-ping as much blood and tissue and extractng as much nutriment as can be obtained from twenty times that amount of more elaborate and costly dishes.

The essential quality in foods, known as protein, which is the great maker of blood, bone and tissue, costs in such dishes as mutton chops, fried oysters, brolled lobsters, sweet breads, pate de fole gras, capon and terraph from \$2 to \$3 per pound, it being necessary to consume an amount of food costing at least that sum to secure the benefits of a pound of protein. In the cheaper foods mentioned the same amount of pro-tein, with its corresponding ability to develop the body, can be secured for 15 cents or 20 cents per pound.

Not only is this true, but it is also a fact that the cheapest foods are the best. They contain a greater quantity of nourish qualities, muscle formers, fatty fuels i mineral matters than the average foods which are seen on a rich man's table.

To compare the foods in detail, it may be mentioned that pea soup is much more nutritious than terrapin soup; beef stew more nourishing than roast capon; liver and bamore so than pate de fole gras; roast potk than truffled turkey; corn-beef hash than sweethreads; boiled potatoes than artichokes; pork chops than English mutton chops and pork and beans than fried

To compare the prices of certain foods in espect to their nutrition it may be menfloned that a pound of porter-house steak will cost 25 cents. This sum will purchase eight pounds of flour, which contains just eight times as much nourishment as the steak. It will also purchase ten pounds of commeal, or twenty pounds of potatoes, either one of which contains at least eight times the nutriment contained in the steak. The economically-inclined person there fore, can take comfort in the thought that for a mere fraction of the cost, he is enjoying as much benefit from his diet of plain dishes as his more extravagant neighbor from an elaborate system of living.

### AN AGED BRIDE

### AND BRIDEGROOM.

Happy in Their Love, Though Both Have Reached the Allotted Years of Life.

REPUBLIC SPECIAL REPUBLIC SPECIAL

Lambertville, N. J., Nov. II.—It was not a youthful bridal party, but it was a very happy one, that went to St. John's Catholic Church one morning this week. There the Reverend Father Lynch tied the knot that made Thomas Coniff, aged 70, and Margaret Kearns, aged 68, man and wife. Margaret Farsons of New Hope, Pa., attended the bride. The bridesmald was 70 years old. Willie Kilroy, the best man, was only 19 years of age.

The bride wore a pretty gown of dark silk and her mald was clad in a dress of Nile green. The party drove to the church in a carriage, the horses decorated with white ribbons.

THE "SOLDIERING" REPORTER.

He Had an Excuse Ready, but it Didn't Go.

"When a reporter knows the ropes and wants to louf, or 'soldier,' as the phrase es," said an old newspaper man oracularly, the other night to a New Orleans Times-Democrat man, "he generally exhibits amazing ingenuity in the way of thinking up excuses for his lassitude. I've heard a good many picturesque pleas along that line in my time, but I believe the palm belongs to my old friend, Billy Brewster. I made Billy's acquaintance on the staff of the — Clarion," continued the veteron the — Clarion, continued the veteran, getting a fresh light for his pipe. "The Clarion was in pretty hard lines in those days, and the principal reason why it held its local staff together was because none of the boys had enough money to get out of town. As a natural consequence they did about as they pleased, knowing full well that McAdams, the city editor, didn't dare to fire them, because he couldn't get any-body else to take their places. One night there was a big rush of news that took out the whole staff, and while the office was empty as a drum McAdams discovered, by mere incident, that the man he had sent to cover an important convention of deaf emp'y as a drum McAdams discovered, by mere incident, that the man he had sent to cover an important convention of deaf mutes was then asleep in a neighboring saloon. For a few minutes he swore impotently; then he rushed over to the 'phone and called up police headquarters, where Billy was on regular assignment. 'Brewster,' he said, 'I wish you'd run over to Thalia Hall and get something about that deaf mute convention. The fellow I put on the story has fallen down.' Billy didn't much like the idea of being taken from his regular detail, but he growled back 'All right,' and started out. That was the last heard of him until 3 o'clock in the morning. Meanwhile McAdams was rushing around tearing his hair, and I really thought he was soing to have a sure-enough fit, when the door opened and in walked the missing man. His eyes were fishy, his cravat was screwed around under one ear, his clothes were muddy and disheveled, and I saw at a glance that he was full up to the neck. 'Good Lord, Brewster!' roared McAdams, 'what in thunder have you been doing all this time? Where is that deaf mute report."

"I didn' get it,' replied Billy, with drunk-

'i didn' get it,' replied Billy, with drunk

"Idda' get it,' replied Billy, with drunken solemnity.
"Didn't get it!' yelled poor Mac, simply beside himself; 'suffering grasshoppers! and here we are just going to press!"
"Then he got pathetic. 'I didn't think you'd throw me down this way, Brewster!' he groaned; 'il's too bad, indeed it is, when we're all trying so hard to pull the paper through!
"That was too much for Billy. He melted into maudlin tears, 'Don' reproach me!' ne hlubbered; 'I can't stan' it! Here I've gone an sacrifish' myself for th' of paper, an' get nothin' but a roastin! boo' hoo! hoo! we'." 'Sacrificed yourself!" exclaimed Mc-Adams, 'I'd like to know how!"
"Til tell y', 'said Billy, still weeping coplously. 'I went down to th' hall, jus' you to! me, an' the blame' thing was snut up. Then I met some th' deaf mutsh on the street an' tries to pump 'em, but I couldn't. So I starts in to get 'em drunk—'." 'To get 'em drunk' bellowed McAdams."

drunk—"To get 'em drunk!" bellowed McAdams, exasperated beyond all endurance: 'what in the world did you want to get them drunk

"'I thought may be I could make 'em talk,' replied Billy, shedding more tears."

### CHOOSING OFFICE BOYS.

Employer of Two Hundred Tells How to "Size 'Em Up."

George Sexton, says Success, who has charge of 200 boys in a big department store,

was made confortable, given food and lodge and the state of the was not a frankful and the state of the excellent of the pioneers. President dams was then the pioneers. President Adams. Just because no one harpened to think of ensurement of the excellent of the

boy, office boy or cadet. A stock boy at-tends to the boy work in whatever stock no is in. A cadet is a general utility boy; an office boy works ground some one of the offices of the house. We promote according to merit, length of service, or both combined. Whenever possible, we try to give our oldest employe the preference; but if our oldest employe the preference; but if one boy who has not been here as long as another shows greater fitness for a vacancy, in justice to the house and the boy, he gets it. A cash boy here gets 82.50 a week; when he has been here three months, 32 or, if he has shown marked ability, 82.50. "The great trouble with the American boy is, he doesn't stick. After he has worked hard at one place for six months or a year, just as he is in line of promotion, he throws up his prespects, because some other firm offers 50 cents a week more; and

Beautiful Woman Who Clothes

The daughter of a simple country gen-tleman is the Honorable Mrs. Charles Rus-sell, whose beauty and cleverness have earned for her a unique place in London society, writes a correspondent to an ex-

Before her marriage she was Misa | po Ada Williams, and on her union with the second son of the late Lord Russell of Killowen, she received a handsome portion

Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, Lynn, Mass., \$,000, which will owill show that the above testimonials are not genuine, or were published before

LYDIA E. PINKHAM MEDICINE CO, Lynn, Mass

Killowen, she received a handsome position from her wealthy and generous father.

Throughout the gay spring season, when London society is most brilliant, Mrs. Lussell entertains royalty and nobility at small dinners notable for their charm and perfection, and the lovely hostess has an angle her women friends the enviable repetiation of "Gressing as well as an American" is deed, her gowns are no less famous tian har good looks, good nature and expulsively appointed dinners, and that which renders her beautiful cothes and her fair lace mate conspicuous is the almost total disregard she affects for jewel decerations. This is her preference, in spite of the fact that she has inherited one of the finest consecutions of precious stones in England and

icesesses some marvelous diamonds, one of which is but a little less splendid and valuable than the Jubilee diamond which charted so great a sensation at the Paris Exposition.



We like boyish boys-full of fun. The cliest are generally the best workers. The y who loiters when sent on a message, e boy who sneaks arrund the house olding work, and the boy who is always e, are the boys who always lose potons."

## PATRON OF IRISH INDUSTRY.

Herself in Home Products.